

## **Abstract**

**Title:** The preparation of women floorball referees to preside over professional competitions.

**Objectives:** The main objective of this work is to introduce the reader into the preparation of women floorball referees to preside over professional competitions and then compare with practice. This will provide some guidance for the referees how to proceed in the preparation of the presiding of partial match, as well as for the overall pre-season training. In the research part of this paper will be evaluated the questionnaire survey, whose aim should be the assessment of the current state of preparation of women referees in the Czech Republic and abroad.

**Methods:** This work is based on a literature review of scientific books, articles, and relevant Internet resources. Additional information was drawn from my own experiences and the experiences of colleagues from which is also based the survey. List of respondents of the questionnaire survey was considerably limited because of the overall low number of referees, who preside and can preside the matches of higher competitions, and all the more so as regards women. The questionnaire was completed by 32 Czech referees (5 women) and 14 foreign referees (3 women).

**Results:** It was found that the most of the top active referees do not have any special physical preparation. Most physical training takes place continuously throughout the year or with floorball teams during their summer training. Most referees are doing this work voluntarily for the love of the sport and most of them are still active players. Referees are more focused on technical and tactical training, which is also part of the seminars which are organized through Floorball Union. Most of the referees also put more emphasis on psychological preparation before each match than in terms of physical preparation.

**Keywords:** Referee, preparation, training, competitions, condition, psychology, regeneration, nutrition

